

Wisdom along the way



Inspirational
Notes
&
Quotes

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Foundation

Table of Contents

INTRODUCTION

FEAR

The Journey Begins

Chapter 1 – The Wisdom in Fear 1

TRUST

The Bridge to Enlightenment

Chapter 2 – The Wisdom in Trust 9

ACCEPTANCE

Reflection is All There Is

Chapter 3 – The Wisdom in Acceptance 16

Bibliographies 23

Introduction

Consciousness at its simplest is “awareness of sentience or internal or external existence. According to Freud, the conscious mind contains all thoughts, memories, feelings and more of which we are aware at any given moment. Dr. David Hawkins believes consciousness is the unlimited, omnipresent, universal energy field, carrier wave and reservoir of all information in the universe.

Perspective a particular attitude or way of regarding something; point of view. Our perspective is the way we see something. Perspective has a Latin root meaning to “look through” and all meanings have to do with looking.

Awareness concerned and well-informed interest in particular situation or development. The state of knowing something. Aware of conscious thoughts, pure awareness lies at the basis of everything.

The Higher Self is associated with our innate divinity and the realization of it. The knowing that you are not your ego. Also to describe an eternal, omnipotent, conscious and intelligent being. This little book was created over decades of self-awareness and the wisdom shared within belongs to the world as those who have come before us have sought to share their enlightened thoughts of the world to help us along our own path towards a more common union of thought, mind and spirit.

Wisdom can be found along the way through our experiences and in our relationships with nature and others. In the pages that follow, hopefully you will find some wisdom in the words of those who, like you, have journeyed along this path of life to find wisdom in the fear that we all have; have learned to trust that they will find their way and ultimately accepted that we are all the same – and that means you equals me.

If you wish to contribute inspirational notes and quotes that you have found inspirational – visit www.YouEqualsMe.org to share your wisdom with the world.



Fear

The Journey Begins



Chapter 1 – The Wisdom in Fear

The definition of *fear* is “an unpleasant emotion caused by the *belief* that someone or something is dangerous, likely to cause pain, or a threat”. Fear is a powerful and primitive human emotion. Fear alerts us to the presence of danger, real or imagined. But most of us live with daily imagined fears that can throw us into an emotional reaction or no action when action is needed. If you have ever experienced public speaking for the first time it can be paralyzing. Starting a new project or job can be equally frightening.

Blowing up at a loved one is a fear-based reaction where we wish we had chosen a different type of response. Strong emotional responses may include hurt, embarrassment, confusion, anger, or surprise. Some fear can be helpful, but most are not. An emotional response can be created in social situations where we feel diminished, offended, or discounted. How we *choose* to react—depends on our own inner resources and thoughts.

Introspection can be a helpful tool in recognizing some of our own strong reactions with these four simple questions:

Why do I believe the strong emotion occurred and is it re-occurring?

What am I afraid of?

What is the preferred outcome moving forward?

Is my fear really nothing more than *False Evidence Appearing Real*?

Bringing awareness into our thoughts is sometimes all that we need to change a pattern driven by our emotional responses to our circumstances. We make decisions based on whether we are happy, angry, sad, or frustrated. These types of emotions rule our daily lives. Understanding emotions can help us navigate life with greater ease and stability and less stress.

We are emotional creatures and while that is not a bad thing, our feelings can either be constructive or destructive, depending upon how we choose to express them. The key in finding our balance as human *beings* is to recognize the things that give rise to our emotions before we react to them. Easier said than done—this is where the journey begins.

All conflicts come from the idea that we are not perfect equals.

Author unknown

All opinions and vanities with no intrinsic value are actually the source of naiveté.

David Hawkins

Any decision of the mind will affect both behavior and experience.

A Course in Miracles (ACIM)

Arrogance is the denial of love because love shares, arrogance withholds.

Author unknown

At all times remain aware that the real you is not the ego. Refuse to identify with it.

David Hawkins

Be not afraid to look within. The ego will tell you it is all black with guilt inside and bids you not to look. Instead look to your brother and find guilt there. The ego is insane.

A Course in Miracles (ACIM)

Belief creates behaviors and all behaviors are sponsored by beliefs.

Author unknown

Calming the storm that rages inside of you is the only way to survive the storm that rages outside of you.

Bruce VanHorn

Consciousness is identified as the domain of the ego. We are incapable of seeing other than the contents of our own consciousness; therefore, hate betrays us in the hour of victory and condemns us to be that which we condemn.

Neville Goddard

Defenses do what they defend.

A Course in Miracles (ACIM)

Everything we see is a reflection of our own consciousness.

Eckhart Tolle

Fear and faith ask the same thing of you; both you cannot see. Fear asks you to protect yourself. And how do you protect yourself but by erecting wall, and when wall is not enough, ammunition is needed to shoot over the wall.

Author Unknown

Fear depends on the ego to protect itself. If you were taught your own superiority, your own ability to starve a neighbor, to war against a brother, you have chosen your ego as your false god.

Author unknown

Fear is the one emotion that opposes love, and always leads to sight of differences and loss of unity.

A Course in Miracles (ACIM)

Fear of failure to the ego is loss of self.

Author unknown

Harm is the outcome of judgement. It is a dishonest act for a dishonest thought. It is a verdict of guilt.

A Course in Miracles (ACIM)

Inward is sanity; insanity is outside of you. We but believe it is the other way; that truth is outside, and error and guilt within. It is well to keep in mind at all times that the ego/mind does not experience the world, but only its perception of it.

David Hawkins

Judgment keeps fear safe. Judging another is so you can feel safe as yourself.

Author unknown

Judgment creates turbulence in our minds.

Eckhart Tolle

Nearly all pain is created from non-acceptance.

Author unknown

Never accept the suggestion of lack.

Author unknown

Never be afraid to raise your voices for honesty, truth and compassion against injustice and lying and greed. If people all over the world would do this, it would change the earth.

William Faulkner

Nothing the ego perceives is interpreted correctly. Not only does the ego cite scripture for its purpose, but it even interprets scripture as a witness for itself.

A Course in Miracles (ACIM)

One mechanism the ego uses to protect itself is to disown the painful data and project it onto the world and others.

David Hawkins

Only the ego is capable of suspiciousness at best and viciousness at worst. And can never be certain.

A Course in Miracles (ACIM)

Peace is the ego's greatest enemy because of its interpretation of reality; war is a guarantee of its survival. The ego becomes strong in strife. If you believe in strife you will act viciously.

A Course in Miracles (ACIM)

People who judge are too afraid to be their authentic selves.

Author unknown

Perception can make whatever picture the mind desires to see.

A Course in Miracles (ACIM)

Poise is power. Anger blurs the vision and poisons the blood which is the root of many diseases.

Florence Scovel Shinn

Power over others is weakness disguised as strength.

Author unknown

Prejudice is an emotional commitment to Ignorance.

Jane Elliot

Since we are all interconnected at the highest level of our being, it must take enormous amount of energy to maintain the illusion of separation.

Dr. Leonard Laskow

Some were taught in order to stay safe you must judge others.

Author unknown

The 'better' self the ego seeks is always one that is more 'special' than another.

Author unknown

The bigger you think you are, the smaller you become.

Author unknown

The denial of truth will always be the action of fear. The ego believes that by punishing itself it will mitigate the wrath of God.

A Course in Miracles (ACIM)

The ego is always insecure and vulnerable, even if it appears intensely confident.

Author unknown

The ego is part of the mind that believes in division. The ego believes you are separated from God and believes it is you. If you identify with the ego, you must perceive yourself as guilty.

A Course in Miracles (ACIM)

The ego literally lives by comparisons. Equality is beyond its grasp, and charity and grace become impossible.

A Course in Miracles (ACIM)

The ego needs to confirm itself by getting.

A Course in Miracles (ACIM)

The ego not being known by Spirit perceives itself as being rejected by something greater than itself.

A Course in Miracles (ACIM)

The ego perceives one person as a replacement for another; our higher self-sees them joined and indivisible.

Author unknown

The ego secretly 'loves' and clings to the position of victimhood and extracts a distorted pleasure and grim justification from pain and suffering.

David Hawkins

The egos survival depends on our unconscious awareness of it.

Author unknown

The intensity of hatred we created in ourselves is the character we imagine in our enemies.

Neville Goddard

The less present you are in the watching of the consciousness, the stronger the emotional charge will be.

Eckhart Tolle

The more arrogant an individual is, is the evidence of insecurity. Most will tell you they do not have insecurity issues because they love themselves. The ego loves itself.

Author Unknown

The opposite of love is fear, not hatred. Hate is an aspect of fear but the true antidote to fear is love. And love is the most powerful tool to overcome fear. Taking action in fear only produces more fear. Taking action in love is as powerful as the Universe.

Author unknown

The root cause of all human problems is belief.

Author unknown

The victory the ego seeks is as meaningless as itself.

Neville Goddard

The wicked shall perish becomes a statement of atonement, if the word 'perish' is understood as undone. Every loveless thought must be undone. A word the ego cannot even understand. To the ego, to be undone means to be destroyed.

A Course in Miracles (ACIM)

The greatest and only sin is to believe that you are separate from me.

Lynn Brewer

There was never a lie told that was not told in fear.

Paul Selig

Three things of intrinsic value to human happiness: authentic, competence and community outweigh extrinsic value, beauty, money and status.”

Author unknown

To judge another is your own fear of not being good enough.

Author unknown

War is nothing but fear and control.

Author unknown

We perceive what we need to prove ourselves right.

Author unknown

What you fear within yourselves, you fear within your fellows.

Author unknown

What you project, you believe. This implies that you will learn what you are from what you have projected unto others, and therefore believe they are.

A Course in Miracles (ACIM)

You get to be right all of the time, which is just the way the small self likes it.

Paul Selig

Your mood tells you that you have chosen wrongly, and this is so, whenever you are not joyous.

A Course in Miracles (ACIM)





Trust

The Bridge to Enlightenment



Chapter 2 – The Wisdom in Trust

The definition of *trust* is “firm *belief* in the reliability, truth, ability, or strength of someone or something.” Trusting ourselves is one of the most beneficial and loving things we can do. To do so, helps build confidence and makes the process of decision-making much easier. Trusting ourselves takes a little bit of effort, self-love, and the ability to look inward – but it is the *only* bridge to enlightenment.

When we lack trust in ourselves, we distrust others unnecessarily. When we question our decisions or abilities, fear creeps in and limits our achievements. At times, we can even question who we are; why are we here on this earth; what’s our purpose for being alive? Trusting in the process leaves us feeling out of control causing us to fall backwards towards fear. On the other hand, reflecting on what our true nature is and trusting that we are *exactly* where we are supposed to be at this very moment and that we have *everything* we need at this moment, keeps us grounded that we can trust the Universe to provide everything we need at exactly the right moment. Fear keeps us bound to the past . . . trust keeps us on an adventure. This requires practice but will be well worth the investment. As we gain more trust in ourselves, we begin to know that if we make a decision that was not the best choice, we can *choose again*—it’s that easy.

Self-love means letting go of negative thoughts and self-criticism that are not serving us and trusting ourselves enough to know we can begin again. We can do this by being aware of our thoughts and noting where the negative thought first develops. This reflection reminds us that we have merely and momentarily stepped off the path towards enlightenment. While it may seem momentarily dark—all we have to do is trust. The critical thing to remember is that like attracts like—one negative thought attracts another. The same holds true for a positive thought—one positive thought attracts another and pretty soon we are back on the path to enlightenment.

Trust in the knowing that we are worthy and we are where we belong. Trust that we have a purpose that, while we may not know what it is, in time that purpose will absolutely reveal itself—all you have to do is trust.

Self-trust is a skill we can learn by being kinder to ourselves. Being more understanding of the self when mistakes are made or words are spoken that we regret, makes it easier to forgive others for when they do the same.

Sitting quietly for 5 minutes a day can help us release desired and undesired qualities. It provides a restoration of mindfulness and purpose. By connecting to our higher self we can trust our knowing of ourselves. When we are in our knowing of our own worth, there is no need to

bully or hate. We can trust that—but if you momentarily forget who you truly are and where you are heading, these words will guide you to trust again.

A leader is not one who says, 'follow me.' A leader is one who says, 'I'll go first.'

Neville Goddard

All emotions are a flow of energy. All suffering comes from a violation of intuition. Get in the habit of following your hunch; it leads to the magic path.

Florence Scovel Shinn

As humanity awakens, so too will our powers to create true change on our planet.

Eckhart Tolle

As man thinketh, so does he perceive, so shall he be.

Author unknown

Collective action is destroying the world: collective action can save it.

Author unknown

Do not be afraid of your own power.

Author unknown

Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So, go. Love intentionally, extravagantly, and unconditionally. The broken world waits in darkness for the light that is you.

L.R. Knost

Happiness comes from within, not outside of yourself in your job, your pedigree or stature. It comes from knowing you are not your ego.

Sheila Gillette

Hold the positive pole; the knowing that all is well in the midst of chaos. For out of chaos will come order, and clarity and new positioning. Trust your path.

Theo

Identity math: We are united as one, divided by zero. In every moment of hope we free our self. Life is eternal, and, because you cannot lose your life ever, you have nothing to lose by being passionate, caring and comforting in every circumstance.

Neville Goddard

One of the most difficult things for man to give up is his prejudice. He holds on to these as though they were his treasure of treasures.

Neville Goddard

Opportunities of growth come in the form of discomfort to you.

Sheila Gillette

Our sense of belonging can never be greater than our sense of self-acceptance.

Brene Brown

Peace is an attribute in you. You cannot find it outside or yourself.

Author unknown

Illness is some form of external searching. Health is inner peace.

A Course in Miracles (ACIM)

Radiance of the True self cannot shine forth when you mistake yourself for the mask you wear.

Author unknown

Remember you are deprived of nothing except by your own decisions, and to decide otherwise.

A Course in Miracles (ACIM)

Spirituality and science have a co-resonance; they both ask questions of the unknown.

Author unknown

Success has nothing to do with what you gain in your life or accomplish for yourself. It is what you can do for others.

Danny Thomas

Trust is the bridge between fear and acceptance.

Lynn Brewer

That which I am is Allness. To realize that one already is and always has been ALL THAT IS leaves nothing to be added.

David Hawkins

The essence of man includes the potentiality for enlightenment. Readiness implies that one has evolved through the lower levels of consciousness, so spiritual inspiration now becomes the spark that ignites the quest.

David Hawkins

The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing.

Eckhart Tolle

The Kingdom of Wholeness is ours but yet we wander homelessly.

A Course in Miracles (ACIM)

The miracle is this; the more you share, the more you have.

Leonard Nimoy

The question 'what do you want?' must be answered. You are answering it every minute, every second, and in each moment.

A Course in Miracles (ACIM)

The soul of you is worthy of all connection from the Highest source, always.

Theo

The truth is like a lion. You don't have to defend it. Let it loose. It will defend itself.

St. Augustine

The universe of love does not stop because you do not see it, nor have your closed eyes lost the ability to see.

A Course in Miracles (ACIM)

Three pillars of self-determination: autonomy, competence and community.

Author unknown

To judge is to be dishonest, for to judge is to assume a position you do not have. Judgement implies a lack of trust.

A Course in Miracles (ACIM)

Truth cannot be created, only perceived.

Author unknown

We as human beings are the individuation of the singularity, experiencing life sequentially, simultaneously.

Neale Donald Walsh

We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better.

J.K. Rowling

We do not see things as they are. We see things as we are.

Anais Nin

Weak people revenge, strong people forgive, intelligent people ignore.

Albert Einstein

What is healing but the removal of all that stands in the way of knowledge?

A Course in Miracles (ACIM)

What one accuses in another, he must first see in himself.

A Course in Miracles (ACIM)

What you do comes from what you think. What you do makes a difference, and you have to decide - what kind of a difference you want to make?

Jane Goodall

When you love yourself enough, you can let others be themselves without judgement or prejudice.

Author unknown

When someone shows you who they are, believe them the first time.

Maya Angelou

Where do you seek to claim your worth through the approval of others? Nobody can take your worth and nobody can grant it to you.

Author unknown

Where you look to find yourself is up to you.

Author unknown

You = Me is a peaceful awareness based on inclusion and a universal interest, rather than the unfulfilling specialness and fragmentation of exclusion.

Cindy Jarvis

You = Me is the recognition of the authentic self and the knowing that you belong.

Cindy Jarvis

You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there.

Maya Angelou

You cannot make a change in behaviors unless you address the beliefs that underline them.

Author unknown

You can't go into the heights without comprehension of the depths.

Paul Selig

You cannot perceive unworthiness in another without perceiving it in yourself first.

A Course in Miracles (ACIM)

You cannot solve a problem at the same level of thinking that created the problem.

Albert Einstein

You must never be fearful about what you are doing when it is right.

Rosa Parks

You witness your reflection in everyone you meet.

Author unknown

Your authentic self is the greatest gift you give to the world.

Theo

Your good precedes you. It gets there before you do! But how do you catch up to it? You must have ears that hear, eyes that see.

Florence Scovel Shinn

Your inherent value as a divine being cannot depend on anything outside of the self.

Author unknown

Your potential is responsive to your thoughts.

Paul Selig

Your truth is your gift to the world. No two people will hear the same words in a single message. It must first be filtered through your prejudices, your superstitions, and your concept of yourself.

Neville Goddard

Readiness implies that one has evolved through the lower levels of consciousness, so spiritual inspiration now becomes the spark that ignites the quest.

David Hawkins

The expression of God or Source cannot judge its expressions, cannot judge its Creations, and will not fear of judge.

Author unknown





Acceptance

Reflection is All There Is



Chapter 3 – The Wisdom in Acceptance

The definition of *acceptance* is “the action of *consenting* to receive. To welcome, embrace and allow.”

This is a time, in the words of the great Ralph Waldo Emerson to “Raise the sail of ones’ own ship. Using the force of the unknowable wind while steering as best we can.”

Acceptance is something that cannot be forced but rather allowed. Whatever we accept completely can lead us to freedom. Eckhart Tolle describes it best: “Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life. The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation. It is to relinquish inner resistance to what is.”

To work with acceptance rather than resist it can miraculously transform our lives. Sometimes surrender means giving up trying to understand and allow us to be comfortable with not trying to control every outcome.

Situations don’t always go as planned and can throw us into a state of panic. It is precisely at this moment where we hold our power, our power to choose to be “ok” of not having to control. The acceptance of a non- predictable outcome immediately frees our mind to allow something different, which at times is usually something disguised as better. We do not always have to be right.

Peace travels freely when our minds suggest things will work out for us no matter what happens. According to Taoist belief, everything in the universe is integral and symbiotic in nature and that everything functions harmoniously according to the rhythm of the universe. Why would humanity be the exception? The way of the Tao comes from allowing all aspects of the universe to happen as they will without conscious interference. This understanding of the Tao is a trust in an affirmation of life that cannot be broken according to the great sage Lao-tzu.

Allowing releases man’s selfish tendency to impose the will of one individual, nation, race, gender, or religion over another. Many people arrogantly do this daily only to proclaim they know love and freedom. When we release our fear driven need to control and trust that the reflection, we see is all there is . . . then we have arrived . . . all we need to do is accept the Truth.

Allow life to unfold, allow space for discovering the better self, joyful self and the worthy self. The self that says “yes’ to the unknown, the inspiration and beauty of creation in the acceptance of allowing.

A person with low esteem may be at an advantage in recognizing the lack of self-love which is the road to discovering we are not our egos

Author unknown

A strong person stands up for himself, a stronger person stands up for everyone.

Author unknown

All individuals are as equally precious and a sacred aspect of the one.

Author unknown

All seeming separation is an artifact of thought. It is essential to see that the mind is at all times experiencing a point of view.

David Hawkins

Approximately ninety percent of our encounters are about you deciding who someone is and then seeking to confirm your idea for them.

Author unknown

As you witness yourself in your worth, you give others the right to do the same.

Sheila Gillette

Be the reason someone believes in good people.

Author unknown

Being fully in the world as your true self, and in honor, not in fear; in joy, not in anger; and in forgiveness not punishment.

Author unknown

Consciousness itself, in its equation, is calling manifestation to it at every moment. Choose to be yourself; choose to be in your worth. That lifts you up.

Sheila Gillette

Difference does not mean divided.

Author unknown

Different experiences lead to different beliefs, and with them different perceptions. Perceptions are learned with beliefs and experiences.

Author unknown

Flow with whatever is happening and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.

Zhuang Zho

Happiness is the new rich; inner peace is the new wealth; and kindness is the new cool.

Author unknown

Hate has caused a lot of problems in the world but has not solved one yet.

Maya Angelou

Hatred ceases not hatred.

Author unknown

How you witness something is always dependent on the history you bring to it.

Paul Selig

Judgment makes another wrong and immediately separates.

Author unknown

Man has always blamed others for what he is and will continue to do so until he finds himself the cause of all.

Neville Goddard

Light can never be extinguished but it can be covered. When one turns on the light, you can see darkness was a powerful, empty thought.

Author unknown

I have decided to stick with love. Hate is too great a burden to bear.” Martin Luther King “If you can’t see God in a brother, look no further.

Mahatma Ghandi

If you understand that the dignity of any human being must be honored, you will know your own dignity.

Author unknown

No one is born who is not worthy!

Author unknown

Once one identifies with our true self, our life changes and we rejoice in our brothers.

Author unknown

Peace is an attribute in you. It does not exist outside of you.

A Course in Miracles (ACIM)

Peace is more than possible. There is nothing within you that is not projected outward in your expression.

Author unknown

People think that peace is passive but it's only passive when people are unaware of the power and magnitude of energy that we manifest from that peaceful state.

Matt Kahn

Powerlessness is ruled by fear and anxiety that hides in the darkness, safe from the light that will discover powerlessness never existed.

Author unknown

Seeing oneself in another is an experience of love or self-loathing.

Author unknown

The acceptance of our creations is the acceptance of the oneness of creations. Without which you could never be complete.

A Course in Miracles (ACIM)

The appreciation of mankind as one humanity comes only through acceptance.

A Course in Miracles (ACIM)

The experiences you meet are your creations in life.

Author unknown

The lens of perception: projection of separation or extension of oneness?

Author unknown

The realization of union is the Source of all love.

Deepak Chopra

The world or sphere is an ultimate expression of unity, completeness, and integrity. There is no point of view given greater or lesser importance. All points on the surface are equally accessible and regarded by the center for which all originate.

Author unknown

There are three ways to ultimate success; the first way is to be kind. The second way is to be kind. The third way is to be kind.

Mr. Rogers

To release judgement frees the egoic mind.

Author unknown

Today, I decided to forgive you. Not because you apologized, or because you acknowledged the pain that you caused me, but because my soul deserves peace.

Najwa Zibian

Unity consciousness is sharply in focus now. You = Me has no borders, no political party, just connectedness.

Cindy Jarvis

Unity is not sameness, it is individual - meaning indivisible.

Author unknown

Unity lets us combine our strengths to do remarkable things for the world and ourselves, as individuals. We are richer for the experience.

Author unknown

We are an expression and expansion of that life force some call God. Nothing more. Nothing less. With awesome freedom, comes awesome responsibility to see the simplest reality — You=Me. There is no division in that.

Lynn Brewer

We can escape from our own egos. We can and must. When you make the exchange, you simultaneously exchange guilt for joy; viciousness for love, and; pain for peace.

A Course in Miracles (ACIM)

We do know this, when one is in His knowing of His own worth, there is no need to bully or hate.

Author unknown

When we unite in purpose, we are greater than the sum of our parts.

Maya Angelou

You = Me celebrates the authentic self and that of others.

Cindy Jarvis

You = Me crosses all races, religions, cultures and genders with its message globally.

Cindy Jarvis

You are not your body; survival is not your basic instinct; the expression of divinity is.

Neville Goddard

You cannot access vulnerability if you can't empathize.

Brene Brown

You = Me allows us to weave the colorful threads of mankind into a magnificent tapestry.

Cindy Jarvis



Bibliographies

A Course in Miracles (ACIM) began with the sudden decision of two people to join in a common goal. Their names were Helen Schucman and William Thetford, Professors of Medical Psychology at Columbia University's College of Physicians and Surgeons in New York City. They were anything but spiritual. Their relationship with each other was difficult and often strained, and they were concerned with personal and professional acceptance and status. In general, they had considerable investment in the values of the world. Their lives were hardly in accord with anything that the Course advocates. Helen, the one who received the material, describes herself: Psychologist, educator, conservative in theory and atheistic in belief, I was working in a prestigious and highly academic setting. And then something happened that triggered a chain of events I could never have predicted. The head of my department unexpectedly announced that he was tired of the angry and aggressive feelings our attitudes reflected, and concluded that, "there must be another way." As if on cue I agreed to help him find it. Apparently, this Course is the other way. Although their intention was serious, they had great difficulty in starting out on their joint venture. But they had given the Holy Spirit the "little willingness" that, as the Course itself was to emphasize again and again, is sufficient to enable Him to use any situation for His purposes and provide it with His power.

Anais Nin was a French-Cuban American diarist, essayist, novelist, and writer of short stories and erotica.

Brene Brown is an American professor, lecturer, author, and podcast host.

Cindy Jarvis is founder of You Equals Me Foundation and the host of the podcast that promotes the unity of humanity. She is a consciousness and spiritual knowledge collector and lives in Sammamish, WA with her husband and son.

David R. Hawkins, M.D., Ph. D. was a world-famous author, spiritual teacher and consciousness researcher. His work represents the leading edge of consciousness research and the verification of spiritual realities, such as the author's own major subjective realizations and transformation.

Eckhart Tolle is a spiritual teacher and author, born in Germany and educated at the Universities of London and Cambridge. At the age of 29 a profound inner transformation radically changed the course of his life. He devoted the next several years to understanding, integrating, and deepening that transformation. With his international bestsellers, *The Power of Now* and *A New Earth*—translated into over 52 languages—he has introduced millions to the joy and freedom of living life in the present moment. The *New York Times* has described him as “the most popular spiritual author in the United States”, and *Watkins Review* has named him “the most spiritually influential person in the world.”

Florence Scovel Shinn carried out her work in the first half of the 20th century writing “The Game of Life and How to Play It”. Through her teaching and numerous books, she was a profound influence on Louise Hay and other pioneers of personal transformation. “Your Word Is Your Wand” was published in 1928 and “The Secret Door To Success” was published in 1940 shortly before her death.

Jane Elliott is an internationally known teacher, lecturer, diversity trainer, and recipient of the National Mental Health Association Award for Excellence in Education. Her book “Fierce Invalids Home from Shiloh” exposes prejudice and bigotry for what it is, an irrational class system based upon purely arbitrary factors.

Jane Goodall is British ethologist, known for her exceptionally detailed long-term research on Chimpanzees of Gombe Stream National Park in Tanzania

J.K. Rowling is the famed author of the much loved series of seven Harry Potter novels, originally published between 1997-2007.

Lynn Brewer is an international public speaker and award-winning author and co-author of “Confessions of an Enron Executive: A whistleblower’s Story”, and is recognized internationally as an authority on what went wrong at Enron.

Mahatma Gandhi born October 2, 1869, died January 30 1948. An Indian lawyer, politician, social activist, and writer who became the leader of the nationalist movement against British rule of India.

Maya Angelou was an American author, actress, screenwriter, dancer, poet and civil rights activist best known for her 1969 memoir, “I Know Why the Caged Bird Sings”, which made literary history as the first nonfiction bestseller by an African American woman.

Martin Luther King was an American Christian minister and activist who became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968.

Neale Donald Walsh is an American author of the series “Conversations with God”. He is also an actor, screenwriter and speaker.

Neville Goddard was perhaps the last century’s most intellectually substantive and charismatic purveyor of the philosophy generally called New Thought. He wrote more than ten books under the solitary pen name Neville, and was a popular speaker on metaphysical themes from the late 1930’s until his death in 1972

Paul Selig is considered to be one of the foremost spiritual channels working today. He has published 6 breakthrough works of channeled literature, including “I Am the Word”, “The Book of Mastery”, and the newly released “The Book of Freedom”. He was born in New York City, and received his master's degree from Yale.

Sheila Gillette is Co-founder of the Theo group, an organization dedicated to sharing the wisdom teachings of twelve archangels collectively known as Theo .Speaking directly through Sheila, Theo is here to guide humanity during this unprecedented shift to a higher state of consciousness.

Dr. Leonard Laskow is a Stanford trained physician, who has studied the healing power of love for the past 40 years. He coined the term Holoenergetic Healing, by which he means healing with the energy of the ‘whole.’”

Rosa Parks was a civil rights activist who refused to surrender her seat to a white passenger on a segregated bus in Montgomery, Alabama. Her defiance sparked the Montgomery Bus Boycott. Her conscientious objection to racial discrimination launched a nationwide effort to end racial segregation.

St. Augustine is perhaps the most significant Christian thinker after St. Paul. He adapted Classical thought to Christian teaching and created a powerful theological system of lasting influence. He also shaped the practice of biblical exegesis and helped lay the foundation for much of medieval and modern Christian thought.

William Faulkner was an American writer and Nobel Prize laureate from Oxford, Mississippi. Faulkner wrote novels, short stories, screen plays and essays.

